



# Ras Al Khaimah

## HALF MARATHON 2024

Saturday 24th February

HALF MARATHON • 10KM RUN • 5KM RUN • 2KM FUN RUN

### OFFICIAL PROGRAMME



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## SPONSORS



ras al khaimah  
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# EVERYTHING YOU NEED TO KNOW ABOUT THE RAS AL KHAIMAH HALF MARATHON!



## THE FOLLOWING RULES AND REGULATIONS APPLY TO ALL ENTRANTS:

- 1** The Ras Al Khaimah Half Marathon is organised in accordance with the rules and regulations of World Athletics and all participants agree to abide by these rules and regulations and comply with all reasonable directions and decisions made by the officials and representatives of World Athletics.
- 2** Whilst every reasonable precaution will be taken by the organisers to ensure the participants' safety, participants run at their own risk and the organisers shall not be liable for any loss and/or damage whether personal or otherwise and howsoever arising. All participants accept responsibility for travel and medical insurance and for payment and/or reimbursement of any medical/ surgical expenses incurred.
- 3** There is an official three-hour time limit at the finish for the Half Marathon with police and medical support. Any remaining participants running slower than these times and openings are requested to run on the footpaths.
- 4** In accordance with the rules and regulations of World Athletics, a runner must retire from the race immediately if requested to do so by any member of the official medical staff.
- 5** No pets or any form of wheeled transport is permitted on the route - e.g. in-line skates, roller blades, bicycles etc.
- 6** There will be no refund or transfer of participation for those runners who do not take part or if the event is cancelled for whatsoever reason.
- 7** The organiser reserves the right to limit and refuse any entries.



- 0700 Half Marathon
- 0930 5km/10km
- 1030 2km Family Fun Run

## START & FINISH

The Half Marathon, 10km Road Race, 5km Road Race and 2km Fun Run will start on Al Marjan Island outside the RAKTDA offices near the event space for parking. All finishes are also on Al Marjan Island across the road from the RAKTDA offices.

## ROUTE INFORMATION

The RAK Half Marathon route is fast and flat with excellent road surfaces throughout. Bisleri water will be available throughout the route at every 5km mark from 5km to 17.5km, while intermediary drink stations will have Bisleri water approximately half-way between at the 7.5km and 12.5km point.

Pocari Isotonic will be available at 5km, 10km and 15km stations. Medical points will be set up around 200m after each 5km station and

toilets will be in place every 5km from the 5km - 15km marks.

## GETTING THERE

For overseas visitors not familiar with Ras Al Khaimah, the best way to get to the start line is by car or taxi. The taxi drop off point will be in the parking area before the entrance to Al Marjan Island. Athletes should then make their way to the start line – a walk of approximately 300m. If you intend to travel by private car there are extensive parking facilities on the wasteland between the carriageways of Sheikh Mohamed bin Salem Road opposite the RAKTDA building.

Please note there will be extensive traffic restrictions in the area from 12.01am and you are advised to arrive early enough to access the parking area provided.

## RACE NUMBERS

Only entrants with official race numbers for the Ras Al

Khaimah Half Marathon 2024 will be permitted to compete in the race. Numbers are not transferable. There is a MEDICAL INFORMATION section on the back of your race number. For your own safety and to ensure prompt assistance please fill in your personal information. Numbers must be worn on the chest and may not be altered.

## MIKATAG TIMEKEEPING

No Tag – No Time. Each race number will come complete with a Tag attached for timing purposes. This is a one-use Tag so no need to remove it in the finish area.

## MEDICAL ASSISTANCE

Medical assistance will be available at the start/finish area and along the course. Please do not hesitate to contact our medical personnel if you are having difficulties. On the

course medical assistance will be available every 5km at 5km, 10km, 15km and at the finish.

## COMPETITOR SOUVENIRS

All Half Marathon, 10km and 5km runners will receive a finisher's medal, an adidas Climacool T-shirt and a downloadable finish certificate, while competitors in the 2km will receive a finisher's medal and an adidas Climacool T-shirt with a downloadable participation certificate.

## ENTERTAINMENT

Official radio partners Channel 4 Radio Network will broadcast live from various parts of the course and the Runners' Village in different languages to inform and entertain competitors and spectators throughout the day.

## TEMPERATURE

Expect race day temperature of around the 16 degree Celcius mark at the start.

## BAGGAGE FACILITIES

Baggage facilities will be available near the start. Baggage drop facilities will not be available for the 2km Fun Run participants. The official baggage bag provided will be the only bag accepted at the baggage drop – no other bags will be accepted.

## REFRESHMENTS

Catering services will be available on the day in the Runners' Village with a selection of food and beverage available.

## HEALTH & FITNESS

Please don't attempt to run if you feel unwell, even if you are raising money for charity. Most medical emergencies occur in people who

have been unwell but do not wish to miss the event, so if you are feeling feverish, have been vomiting, had chest pains or diarrhoea, or otherwise feel unwell, it is unfair on you and your family, the charity you are supporting and the half marathon staff to risk serious illness and become a medical emergency. If it is hot, wear loose clothing, start slowly and – if possible – run in the available shade. Start the race well hydrated as this will help you feel better later in the race and may prevent cramp, which is most common in runners who have not trained sufficiently or are dehydrated. Do not gulp large volumes of liquid during or after the race as it is also possible to become ill from drinking too much, too quickly.

## AFTER THE RACE

Do not stand about as soon as you finish. Keep walking – especially if you feel dizzy – and replenish fluids. Collect your finisher's medal and water after the finish line. Always drink something and have something to eat as some runners feel faint more than half an hour after finishing the race.



Benard Koech wins the 2023 Ras Al Khaimah Half Marathon in a new personal best time of 58:45

Hellen Obiri made it a Kenyan double on Al Marjan Island winning the women's title in 65:05

## SWEET SIXTEEN FOR DOMINANT KENYANS

In 2023, the Ras Al Khaimah Half Marathon returned for its 16th edition with an electrifying race that saw a Kenyan double as Benard Koech and Hellen Obiri crossed the finish line as winners.

Held under the patronage of Sheikh Saud bin Saqr Al-Qasimi, UAE Supreme Council member and ruler of Ras Al Khaimah, the event saw intense competition from 28 elite athletes vying for the top spot.

Following the race, the first, second and third place runners were recognised at an award ceremony. In addition to the elite field, the race thousands of amateur runners came together to compete across four categories.

The Ras Al-Khaimah Half Marathon saw runners tackle a flat and fast course, which took them on a scenic route across the stunning Al Marjan Island set against the backdrop of the emirate's shimmering coastline.

Storming ahead in the men's category and through the finish line in first place was Kenya's Koech, who set an impressive new personal best time of 58 minutes, 45 seconds. He was followed closely by fellow countrymen Daniel Mateiko in second place (58:49) and Richard Yator in 59 minutes, 37 seconds, in third.

Similarly, the women's race saw intense competition from start to finish, with fellow Kenyan Obiri



Koech kept his focus throughout the 21.1km race to win against a talented elite field

crowned the winner of the women's Ras Al Khaimah Half Marathon in an exceptional time of 65:05. Gotytom Gebreslase from Ethiopia took second in 65:51, while third place went to Ftaw Zeray, who secured a time of 66:04.

While Obiri lived up to her pre-race favourite status, 23-year-old Koech had not been tipped for a podium place, let alone a win. His modest 10km best of 29:25 did not mark him as a significant threat and while his 59:57 half marathon in Japan in 2022 was more impressive, he was well down the list of fastest 21km times going into the race.

But as the favourites fell out of contention, Koech grew stronger and proved unbeatable as he out-sprinted Mateiko over the final kilometre to win by four seconds and over a minute inside his previous best time.

"I'm very pleased with the win," said Koech. "I trained hard so I thought I had a chance plus I felt conditions were a bit windy for really fast times and that also gave me a chance. It was also very humid out there."

In the women's event, six athletes - including all the favourites - ran together through the first 5km. Kenyans Obiri and Brigid Kosgei and the Ethiopian quartet of Gebreslase, Sunbere Teferi, Zeray and Bosena Mulatie - all looked on for a sub-64 minute finish time.

But the conditions began to tell and as runners dropped back only Obiri and Gebreslase were left to run through 10km together in just over 30:20. Obiri pushed hard and dropped her Ethiopian rival shortly after 14km, passing 15km in a fast 45:39 - still on pace to better the course record of 64:14. But running solo into the light headwind took its

toll and Obiri lost 50 seconds in the final 6km, to cross the line in that winning time of 65:05.

Speaking on the successful race, Raki Phillips, CEO of the Ras Al Khaimah Tourism Development Authority (RAKTDA) said: "The 2023 Ras Al Khaimah Half Marathon was a display of remarkable athleticism and unwavering spirit.

"We are thrilled to see our community come together for one of our most important events of the year and to welcome participants from home and abroad. Not only does the Ras Al Khaimah Half Marathon remain one of the world's fastest half marathons but it genuinely positions our Nature Emirate as a premier sports destination".





# RAK HALF MARATHON - ROLL OF HONOUR



**Samuel Wanjiru (KEN)**  
TIME: 58:53

**2007**



**Berhane Adere (ETH)**  
TIME: 70:58



**Patrick Makau (KEN)**  
TIME: 59:35



**Salina Kosgei (KEN)**  
TIME: 72:29

**2008**



**Patrick Makau (KEN)**  
TIME: 58:52



**Dire Tune (ETH)**  
TIME: 67:18

**2009**



**Geoffrey Mutai (KEN)**  
TIME: 59:43



**Elvan Abeylegesse (TUR)**  
TIME: 70:58

**2010**



**Deriba Merga (ETH)**  
TIME: 59:25

**2011**



**Mary Keitany (KEN)**  
TIME: 65:50 (WR)



**Dennis Kipruto (KEN)**  
TIME: 60:40



**Mary Keitany (KEN)**  
TIME: 66:49

**2012**



**Geoffrey Kamworor (KEN)**  
TIME: 58:54



**Lucy Kabuu (KEN)**  
TIME: 66:09

**2013**



**Lelisa Desisa (ETH)**  
TIME: 59:36



**Priscah Jeptoo (KEN)**  
TIME: 67:02

**2014**

# RAK HALF MARATHON - ROLL OF HONOUR



**Mosinet Geremew (ETH)**  
TIME: 60:05

**2015**



**Mary Keitany (KEN)**  
TIME: 66:02



**Birhanu Legese (ETH)**  
TIME: 60:40

**2016**



**Cynthia Limo (KEN)**  
TIME: 66:04



**Bedan Karoki (KEN)**  
TIME: 59:10

**2017**



**Peres Jepchirchir (KEN)**  
TIME: 65:06 (WR)



**Bedan Karoki (KEN)**  
TIME: 58:42

**2018**



**Fancy Chemutai (KEN)**  
TIME: 64:52



**Stephen Kiprop (KEN)**  
TIME: 58:42

**2019**



**Senbere Teferi (ETH)**  
TIME: 65:45



**Kibiwott Kandie (KEN)**  
TIME: 58:58

**2020**



**Ababel Yeshaneh (ETH)**  
TIME: 64:31 (WR)



**Jacob Kiplimo (UGA)**  
TIME: 57:56

**2022**



**Girmawit Gebrzihar (ETH)**  
TIME: 64:14



**Benard Kibet Koech (KEN)**  
TIME: 58:45

**2023**



**Hellen Obiri (KEN)**  
TIME: 65:05

You know  
 what  
 Sunday is,  
 it's a day  
 with a lot  
 of potential  
 for naps.

- POLLY HORVATH

**SUNDAY**

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## AWARDS AND BONUSES

### HALF MARATHON OPEN

	MEN	WOMEN
	USD	USD
1st	\$ 15,000	\$ 15,000
2nd	\$ 10,000	\$ 10,000
3rd	\$ 7,000	\$ 7,000
4th	\$ 5,000	\$ 5,000
5th	\$ 4,000	\$ 4,000
6th	\$ 3,500	\$ 3,500
7th	\$ 3,000	\$ 3,000
8th	\$ 2,500	\$ 2,500
9th	\$ 2,000	\$ 2,000
10th	\$ 1,000	\$ 1,000

### 10km OPEN

	MEN	WOMEN
	USD	USD
1st	AED 4,000	AED 4,000
2nd	AED 2,000	AED 2,000
3rd	AED 1,000	AED 1,000

### WORLD RECORD – HALF MARATHON MEN

57:31 Jacob Kiplimo (KEN)

### WORLD RECORD – HALF MARATHON WOMEN

62:52 Letesenbet Giday (ETH)

### WORLD RECORD – 10KM MEN

26:24 Rhonex Kipruto (KEN)

### WORLD RECORD – 10KM WOMEN

29:14 Yalemzerf Yehualaw (ETH)

### RAK HALF MARATHON RECORD – MEN

57:56 Jacob Kiplimo (KEN)

### RAK HALF MARATHON RECORD – WOMEN

64:14 Girmawit Gebrzihair (ETH)

### BONUSES

#### WORLD RECORD MEN

100,000 USD

#### WORLD RECORD WOMEN

100,000 USD

#### COURSE RECORD

5,000 USD

#### COURSE RECORD

5,000 USD

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# THINGS TO DO IN RAS AL KHAIMAH



<https://visitrasalkhaimah.com/discover/activities/suwaidi-pearls/>

## SUWAIDI PEARLS

Pearl fishing is still revered as one of the UAE's treasured traditions, Suwaidi Pearls Farm is in Al Rams, the northernmost neighbourhood of Ras Al Khaimah. This farm gives you the opportunity to discover the historical and cultural journey of the region's pearling industry, and learn about the evolution of the Arabian Pearl.



<https://visitrasalkhaimah.com/discover/attractions/national-museum-of-ras-al-khaimah/>

## NATIONAL MUSEUM OF RAS AL KHAIMAH

The National Museum houses an impressive collection of archaeological and ethnological artefacts for visitors to explore. The collections contain discoveries from the earliest settlers through to the late Islamic period. The interactive ethnographical display shows traditional life in the Emirate, pearl diving, date agriculture, fishing, farming and ancient architecture.

## JAIS FLIGHT

Ras Al Khaimah's Jebel Jais – the highest mountain in the UAE, is home to the world's longest zipline... A bucket list attraction for the UAE and the world. Thrill-seekers and adrenaline junkies will travel at speeds of up to 120kph to 150kph at a height of 1,680 metres above sea level on top of Jebel Jais mountain.



<https://visitjebeljais.com/adrenaline/jais-flight/>

## THE RAS AL KHAIMAH ART FESTIVAL

A non-profit community arts festival designed to showcase the work of local and emerging artists, photographers, and filmmakers and engage the community through a diverse calendar of cultural and creative programming. The Festival located in Al Jazeera Al Hamra Heritage Village and contains a lot of activities such as thought-Provoking cinema, curated Gastronomic Indulgence and pet-friendly weekends.



<https://www.rakart.ae/>



<https://visitrasalkhaimah.com/discover/activities/bear-grylls-explorers-camp/>

## THE BEAR GRYLLS EXPLORERS CAMP

It's located in the mountainous northern Emirate, Ras Al Khaimah. Each explorer-instructor is highly skilled and trained in survival techniques practised by world-honoured Bear Grylls OBE. During your stay in Ras Al Khaimah camp, the team will equip you with the essential life skills, techniques and attitudes needed to survive the wilds of the mountains and desertlands.



<https://visitrasalkhaimah.com/discover/activities/action-flight-balloon-experience/>

## ACTIONFLIGHT BALLOON EXPERIENCE

One of the best things to do in Ras Al Khaimah is watching the sun rise and illuminate the spectacular Ras Al Khaimah desert from a hot air balloon. You'll love the dramatic and spectacular colours of the Northern Emirates, the dunes are contoured as if sculpted by giants from rich reddish gold.

## AL QAWASIM CORNICHE

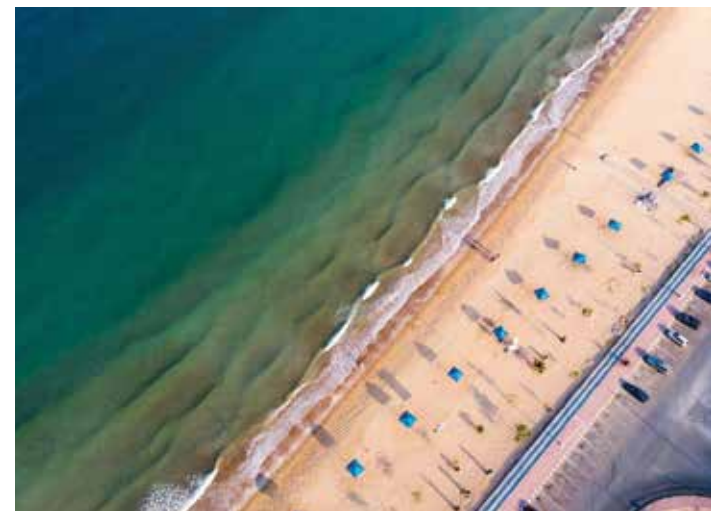
In the heart of Ras Al Khaimah lies a beautiful and protected stretch of mangroves that line the coastline and culminates in the city. The three-kilometre waterfront promenade is lined with luxury apartments, international restaurants, local cafes, access to water activities and a children's play area.



<https://visitrasalkhaimah.com/discover/attractions/al-qawasim-corniche/>

## FLAMINGO BEACH

Two giant flamingoes welcome you to Flamingo Beach, which lies serenely between Ras Al Khaimah city centre and Al Hamra Village. The public beach is easily accessible and hidden by towering dunes dotted only with royal hideaways and palm trees. The beach is easy to walk along with a maze of interlocked walkways that lead to various select seating areas. here is a small hub of trendy coffee shops and tasty eateries for breakfast, lunch and early suppers.



<https://visitrasalkhaimah.com/discover/attractions/flamingo-beach/>

## ELITE MEN



**Daniel Mateiko (Kenya)**

Born: August 4, 1998

Personal Best: 58:26 (2021)

Daniel Mateiko is a true half marathon specialist who emerged right after the COVID lockdowns. Once racing resumed on a wider scale during the second half of 2021, he quickly established himself as one of the fastest half marathon runners - competing in his first half marathon outside Kenya he took third place (59:25) in Copenhagen.

Little over a month later he smashed his personal best, clocking 58:26 for another third place in Valencia. At that time he was the ninth fastest half marathon runner in history. Today he is in 12th position with this PB. Mateiko also occasionally competes on the track finishing eighth in the 10,000m final at the 2022 World Championships in Eugene. He is also a member of the Dutch based NN Running Team, led by Kenyan superstar Eliud Kipchoge.

Most Significant Results			
2023	Larne Half Marathon	1st	58:36
2023	Ras Al Khaimah Half Marathon	2nd	58:49
2022	Valencia Half Marathon	3rd	58:40
2022	Istanbul Half Marathon	2nd	60:05
2022	Ras Al Khaimah Half Marathon	6th	58:45
2021	Valencia Half Marathon	3rd	58:26
2021	Copenhagen Half Marathon	3rd	59:20



**Kennedy Kimutai (Kenya)**

Born: June 3, 1999

Personal Best: 58:28 (2021)

Kennedy Kimutai trains in an elite group with two-time Olympic marathon champion Eliud Kipchoge and double New York City Marathon champion Geoffrey Kamworor as well as world-class marathoner Emmanuel Mutai.

Kimutai was raised by a single mother and was a relatively late developer, training by himself until he joined the Kipchoge group. He showed his potential with two very fast half marathons in Valencia, clocking 58:28 in 2021 and 59:04 in 2022.

Most Significant Results			
2023	Herzogenaurach/GER Half Marathon	5th	60:24
2022	Herzogenaurach/GER Half Marathon	8th	60:18
2022	Valencia Half Marathon	5th	59:04
2022	Ras Al Khaimah Half Marathon	10th	60:10
2021	Valencia Half Marathon	4th	58:28
2019	Cardiff Half Marathon	4th	60:39



**Seifu Tura (Ethiopia)**

Born: June 17, 1997

Personal Best: 58:36 (2022)

The focus for Seifu Tura clearly is on marathons. His breakthrough performance at the classic distance came in Dubai in 2018 when he clocked 2:04:44 over the fast and flat course. He was then able to knock 15 seconds off this personal best in 2021 when he ran 2:04:29 in Milan. His biggest career win came in the same year when he took the Chicago Marathon in 2:06:12.

Tura usually uses a half marathon to test his form before a marathon. It was in Ras Al Khaimah where the Ethiopian ran 58:36 for fourth place two years ago, which is still his personal record and puts him among the 20 fastest runners ever at the distance. Tura once competed at a major event for Ethiopia, finishing sixth in the 2022 World Championships' marathon race in Eugene, USA.

Most Significant Results			
2022	Chicago Marathon	2nd	2:04:49
2022	Paris Marathon	2nd	2:05:10
2022	Ras Al Khaimah Half Marathon	4th	58:36
2021	Chicago Marathon	1st	2:06:12
2019	Buenos Aires Half Marathon	2nd	59:17
2018	Shanghai Marathon	1st	2:09:18
2018	Milan Marathon	1st	2:09:04



**Amdework Walegn (Ethiopia)**

Born: March 11, 1999

Personal Best: 58:40 (2022)

Amdework Walegn arrived on the scene with a fourth place in the 10,000m at the 2016 World Under-20 Championships, while he took silver in the Junior Men's race at the 2017 World Cross Country Championship. In 2018, he won the Istanbul Half Marathon in a new Turkish all-comers record of 59:50 in only his second appearance over the distance.

In the same year he finished second in the New Delhi Half Marathon setting a new personal best of 59:22 before finishing third with yet another PB (59:08) at the 2020 World Athletics Half Marathon Championships.

At the 2020 New Delhi Half Marathon, he won in 58:53, breaking his own personal best and the course record. Walegn makes a welcome return to Ras Al Khaimah having set his personal best of 58:40 here in 2022.

Most Significant Results			
2023	Seoul Marathon	1st	2:05:27
2023	Seville Half Marathon	1st	60:28
2022	Ras Al Khaimah Half Marathon	5th	58:40
2022	Copenhagen Half Marathon	2nd	59:05
2021	Copenhagen Half Marathon	1st	59:10
2020	New Delhi Half Marathon	1st	58:53
2018	Istanbul Half Marathon	1st	59:50





**Benard Kibet Koech (Kenya)**

Born: November 25, 1999  
 Personal Best: 58:45 (2023)

The current Ras Al Khaimah Half Marathon champion having won in 58:45 last year – a personal best and a world top ten time in 2023. His most notable performance is his world best time of 44:04 for 10 miles, which he set at Kosa in Japan in December 2022. His best 10,000m time of 26:55.04 was also set in 2022 at Yokohama and he remains on the verge of sub-13 minutes for 5,000m, with a time just 0.38sec over that barrier, also set in Japan, in Nobeoka, in May 2023.

Kibet competes for the Kuyudenko athletics club in Fukuoka, one of the oldest corporate teams in Japan. There is a relatively long tradition - over 30 years - of young Kenyans being recruited to corporate teams in Japan with probably the most famous example being the 2007 Ras Al Khaimah champion and Olympic Marathon champion Sammy Wanjiru. Kibet is from Kericho, the centre of the Kenya tea-growing area, in the Western Highlands of Kenya.

Most Significant Results			
2023	Ras Al Khaimah Half Marathon	1st	58:45
2023	5000 metres, Nobeoka	2nd	13:00.38
2022	Gifu Half Marathon	2nd	59:57
2022	10,000 metres, Yokohama	2nd	26:55.04
2022	10 Miles, Kosa	1st	44:04
2022	10,000 metres, Kitakyushu	2nd	27:02.39



**Tadese Worku (Ethiopia)**

Born: January 20, 2002  
 Personal Best: 58:47 (2022)

Just 22 years old, Tadese Worku is the youngest runner in the Ras Al Khaimah men's field and features a world class personal best of 58:47. At present, there is no-one younger in the world all-time list who has run faster than him.

Worku was just 17 when he won silver in the junior race of the World Cross Country Championships in Aarhus, Denmark, in 2019, an event that also saw him win team gold with the Ethiopian team. His focus remained on cross-country the following year, when Worku won competitive races in Elgoibar and Sevilla and finished runner-up in Italy's famous Cinque Mulini.

In 2021 he ran more track races, qualified for the World Junior Championships and took the silver medal in Nairobi in the 5,000m final. Worku also ran a brilliant 10k time of 26:56 in Herzogenaurach, Germany. Since 2022 he has focussed more on road races and achieved a brilliant half marathon debut time of 58:47 in Valencia.

Most Significant Results			
2023	Prague 10k	1st	27:35
2022	Hengelo/NED 10,000m	2nd	26:45.91
2021	Bolzano/ITA 10k	1st	28:18
2021	Herzogenaurach/GER 10k	2nd	26:56
2021	WCH Junior 5,000m, Nairobi	2nd	13:20.65
2019	WCH Junior Cross Country, Aarhus/DEN	2nd	



**Alex Korio (Kenya)**

Born: November 20, 1990  
 Personal Best: 58:51 (2017)

Kenya's Alex Korio began his climb up the athletics ladder with a third place finish in the 10,000m at the Nairobi Kenyan Junior Championships but it wasn't until 2013 that he made an international podium at the half marathon finishing third at the Luanda International Half Marathon.

The following year, Korio clinched gold at the Azpeitia Half Marathon in Spain before a successful half marathon season in 2015 saw him finish second at the Copenhagen Half Marathon and third in the Lisbon Rock 'n' Roll Half Marathon.

In 2016, he won the Granollers Half Marathon in Spain before taking gold in the 2017 World 10k Championship in India in a time of 28:12. He also enjoyed two third place finishes that year at the Paris and Copenhagen Half Marathons, setting his personal best in Denmark of 58:51.

In 2019, he won the Beach to Beacon 10k in Maine, while he played his part as one of the pacemakers in the Ineos 1:59 Challenge that saw fellow Kenyan athlete Eliud Kipchoge break the two-hour mark for the marathon.

Most Significant Results			
2017	World 10k, Bengaluru	1st	28:44
2017	Port Gentil 10k, Gabon	1st	27:48
2017	Paris Half Marathon	3rd	60:42
2017	Copenhagen Half Marathon	3rd	58:51
2016	Granollers Half Marathon, Spain	1st	61:01
2015	Copenhagen Half Marathon	2nd	59:28
2014	Azpeitia Half Marathon, Spain	1st	59:58



**Birhanu Legese (Ethiopia)**

Born: September 11, 1994  
 Personal Best: 58:59 (2023)

Two-time Marathon Major winner Birhanu Legese returns to the roads of Ras Al Khaimah eight years after winning the event in 2016. Legese, who won the Tokyo Marathon in both 2019 and 2020, started as a talented sprinter before moving up to the longer distances.

In 2012, he ran the 10km finishing second at the Great Ethiopian Run before winning the Corrida de Houilles in France on his international debut.

In 2015, he won the Berlin Half in 59:45 before winning the Delhi Half Marathon in 59:20, the joint third-fastest time in the world that year. Further half marathon wins followed in Ras Al Khaimah and again in New Delhi before he claimed the biggest victory of his career winning the Tokyo Marathon by two minutes. Later that year he took second in the Berlin Marathon in a time of 2:02:48 to move to third on the world all-time list.

He successfully defended his title at the Tokyo Marathon in 2020 (2:04:15), and comes to Ras Al Khaimah having lowered his half marathon personal best in Barcelona last year.

Most Significant Results			
2023	Barcelona Half Marathon	2nd	58:59
2020	Tokyo Marathon	1st	2:04:15
2019	Tokyo Marathon	1st	2:04:48
2019	Berlin Marathon	2nd	2:02:48
2017	New Delhi Half Marathon	1st	59:46
2016	Ras Al Khaimah Half Marathon	1st	60:40
2015	Berlin Half Marathon	1st	59:45
2015	New Delhi Half Marathon	1st	59:20



### Daniel Ebenyo (Kenya)

Born: 18 September, 1995

Personal Best: 59:04 (2022)

Daniel Ebenyo is something of a silver specialist having finished second in four successive championship races in two seasons - the African Games 5,000m in Mauritius; the 2022 Commonwealth Games 10,000m in Birmingham; the World Championships 10,000m in Budapest; and the World Half Marathon in Riga in 2023. He distinguished himself in that ultimate event when, in the lead with the finish line in sight, he was passed by compatriot Sebastian Sawe. Ebenyo saluted Sawe as he passed, a gesture which earned him a nomination for the International Fair Play Award at the end-of-year World Athletics Gala.

Most Significant Results			
2023	WCH Half Marathon, Riga	2nd	59:14
2023	Delhi Half Marathon	1st	59:27
2023	WCH 10,000m, Budapest	2nd	27:52.60
2022	Commonwealth Games 10,000m, Birmingham	2nd	27:11.26
2022	Bahrain Half Marathon	2nd	59:04
2022	African Games 5,000m, Mauritius	2nd	13:36.79



### Nicholas Kipkorir (Kenya)

Born: September 29, 1998

Personal Best: 59:06 (2023)

An African Under-20s Champion, Kenya's Nicholas Kipkorir has enjoyed a successful running career since firmly establishing himself as one of the country's finest young runners in 2017 with a number of victories on the national stage in Eldoret and Nairobi.

He then took that talent to the international arena winning back-to-back 5,000m events in the Belgian towns of Heusden-Zolder and Merksem in the summer of 2017. Since then he has performed on the biggest stages winning a Diamond League Final, a silver medal at the 2022 Commonwealth Games in Birmingham, a bronze medal at the World Road Running Championships and a fourth place finish in the 5,000m at the Olympic Games in Japan 2021.

Most Significant Results			
2022	Commonwealth Games 5,000m	2nd	13:08:19
2022	Golden Gala Pietro Mennea 5,000m	1st	12:46:33
2022	World 10k, Bengaluru	1st	27:38
2022	Brasov Running Festival 10k	1st	26:51
2022	Elgoibar Cross Country 10.796k	1st	33:47
2021	Olympic Games 5,000m	4th	12:59:17
2020	Kip Keino Classic 5,000m	1st	13:08:32



### Haftu Teklu (Ethiopia)

Born: January 21, 2000

Personal Best: 59:06 (2022)

Haftu Teklu has established himself as a specialist at several distances, especially the marathon and half marathon. Last year saw a busy programme for the 24 year-old with half marathon podium finishes in Istanbul (third) and Zwolle (second), while he finished fifth at the Berlin Marathon and third in South Korea at the Seoul Marathon.

His last victory was in Spain when he won the 2022 Barcelona Half Marathon in a new personal best time of 59:06 – it was his second consecutive victory in the Barcelona Half having won the 2021 event in a time of 59:39. 2022 was also a year when he underlined his credentials at the full marathon distance with a second place finish at the Lisbon Marathon in Portugal.

Most Significant Results			
2023	Istanbul Half Marathon	3rd	60:03
2023	Berlin Marathon	5th	2:04:42
2023	Zwolle Half Marathon	2nd	62:22
2023	Seoul Marathon	3rd	2:05:53
2022	Barcelona Half Marathon	1st	59:06
2022	Lisbon Marathon	2nd	2:06:33
2021	Barcelona Half Marathon	1st	59:39



### Leul Gebresilase (Ethiopia)

Born: September 20, 1992

Personal Best: 59:18 (2017)

Leul Gebresilase has been a key figure in Ethiopian distance running since 2015 when he claimed 5,000m silver at the African Games in Brazzaville. Two years later, he reproduced that form on the international stage with a second place performance at the Valencia Half Marathon in Spain.

In 2018 and 2020, the Ethiopian competed at the World Half Marathon Championships, in Valencia and Gdynia respectively, but had to settle for tenth place on both occasions. He had greater success at the full marathon distance in 2018, however, with second place at the notoriously fast Dubai Marathon and enjoyed a winning return to Spanish soil with victory at the Valencia Marathon.

Following a third place finish at the 2021 Amsterdam Marathon, Gebresilase enjoyed a successful year in 2002 with another runner-up spot this time at the Rotterdam Marathon before repeating the feat six months later at the 2022 London Marathon and collecting his first Major Marathon medal.

Most Significant Results			
2023	Houston Half Marathon	1st	60:34
2023	London Marathon	4th	2:05:45
2023	Marathon World Championships	3rd	2:09:19
2022	London Marathon	2nd	2:05:12
2022	Rotterdam Marathon	2nd	2:04:56
2021	Amsterdam Marathon	3rd	2:04:12
2018	Valencia Marathon	1st	2:04:31
2018	Dubai Marathon	2nd	2:04:02
2017	Valencia Half Marathon	2nd	59:18



### Weldon Langat (Kenya)

Born: February 24, 1998

Personal Best: 59:22 (2023)

Kenyan Weldon Langat will be hoping to celebrate his birthday in style at the 2024 Ras Al Khaimah Half Marathon – he takes to the roads of Al Marjan Island on the day he turns 26.

Last year he claimed sixth place in Ras Al Khaimah but enjoyed better fortune in 10km races in both Brasov and Valencia where he took wins in 27:05 and 26:55 respectively. Later in the year he marked a new personal best in the half marathon when he finished 10th in Valencia.

Most Significant Results			
2023	Ras Al Khaimah Half Marathon	6th	59:55
2023	Valencia 10km	1st	26:55
2023	Brasov 10km	1st	27:05
2022	Prague Half Marathon	4th	60:57
2022	Madrid Vintage Run 10km	1st	26:34
2021	Villa de Laredo 10km	1st	27:24



### Isaia Lasoi (Kenya)

Born: 12 October, 1999

Personal Best: 59:27 (2023)

Isaia Lasoi is still a newcomer in international road racing and the 24 year-old Kenyan achieved a fine runner-up position in the Nairobi Half Marathon at high altitude in 2022 and then got the chance to perform in Europe the following year. In his first race outside Kenya he produced a fine performance when he took second place in 59:27 in Venlo, Netherlands.

After taking the Zwolle Half Marathon he did well in the competitive New Delhi Half Marathon where he finished fifth. The Ras Al Khaimah Half Marathon will be his toughest test yet.

Most Significant Results			
2023	New Delhi Half Marathon	5th	60:55
2023	Zwolle Half Marathon, NED	1st	62:17
2023	Venlo Half Marathon, NED	2nd	59:27
2022	Nairobi Half Marathon	2nd	61:23



### Cosmas Boi (Kenya)

Born: March 12, 2003

Personal Best: 59:29 (2023)

Cosmas Boi is a newcomer to international road running and at just 20 the Kenyan has mainly been racing on the track in Japan until last year. Like many other young Kenyan runners he received a scholarship and moved to Japan and while he has personal bests of 13:17.83 and 27:15.59 for 5,000m and 10,000m his biggest potential seems to lie in the half marathon.

Boi only started competing in international road races in 2023. After a third place in a 10k race on Ibiza in 27:29 he then took the renowned Stramilano in March, clocking 59:40 for the half marathon distance. Later that year he improved to 59:29 when he was third in Buenos Aires.

Most Significant Results			
2023	Buenos Aires Half Marathon	3rd	59:29
2023	Milano Half Marathon	1st	59:40



### Tamirat Tola (Ethiopia)

Born: 11 August, 1991

Personal Best: 59:37 (2017)

One of the most consistent distance runners of recent years, Tola graduated from bronze in the Olympic 10,000m in Rio 2016, to silver in the World Championships' marathon at London 2017, then gold at the same distance at the World Championships in Eugene 2022. He then underlined that consistency by winning the New York Marathon in 2023, breaking the course record in 2:04.58.

In the interim, Tola had won the Dubai Marathon 2017, and the Amsterdam Marathon 2021 in his personal best of 2:03.39. He also finished third in the Tokyo Marathon 2022, and the London Marathon 2023. His fastest half-marathon was set winning in Prague in 2017 (59:37).

Most Significant Results			
2023	New York Marathon	1st	2:04.58
2023	London Marathon	3rd	2:04.58
2022	Trento Half Marathon	1st	59:49
2022	WCH Marathon, Eugene	1st	2:05.36
2021	Amsterdam Marathon	1st	2:03.39
2017	WCH Marathon, London	2nd	2:09.49
2017	Prague Half Marathon	1st	59:37
2017	Dubai Marathon	1st	2:04:11
2016	Olympic Games 10,000m Rio	3rd	27:06.26

## ELITE WOMEN



**Ababel Yeshaneh (Ethiopia)**

Born: 22 July, 1991

Personal Best: 64:31 (2020)

Ababel Yeshaneh heads the women's start list of the Ras Al Khaimah Half Marathon with a personal best of 64:31. When the Ethiopian set this time in Ras Al Khaimah in 2020 it was a sensational world record. Leaving behind a top field in what is still her best performance, she improved the mark by 20 seconds.

As a 19 year-old, she started her international career in early 2011 with two half marathon victories in India and Milan. She competed on the track as well, taking ninth at the 10,000m final at the 2013 World Championships in Moscow and 14th in the Rio Olympic 5,000m final in 2016. Yeshaneh won the Abu Dhabi Marathon in 2018 in 2:20:16 - however the course was short so the time does not count as a personal record. The Ethiopian showed fine form recently, when she took the Madrid New Year's Eve 10km race in 30:30 (course is not record eligible).

Most Significant Results			
2023	Buenos Aires Half Marathon	1st	66:10
2023	Boston Marathon	4th	2:22:00
2022	Boston Marathon	2nd	2:21:05
2021	New York Marathon	3rd	2:22:52
2020	Ras Al Khaimah Half Marathon	1st	64:31 WR
2019	Chicago Marathon	2nd	2:20:51
2019	Buenos Aires Half Marathon	1st	67:43
2018	Istanbul Half Marathon	1st	66:22



**Margaret Kipkemboi (Kenya)**

Born: February 9, 1993

Personal Best: 64:46 (2023)

An African Games 5,000m champion as far back as 2015, Margaret Kipkemboi has managed to combine superlative track form with a successful move to road running. A native of Nandi County, the heartland of Kenyan long distance running, Kipkemboi won World Championship silver and bronze medals in Doha 2019 and Eugene 2022, and just missed out on another bronze when she finished fourth in the 5,000m in Budapest last summer. She was also a Commonwealth Games silver medallist in 2018. She made a winning debut on the road with victory in the Barcelona Half Marathon in 2022 and followed that with a silver medal at the same distance at the World Road Running Championships in Riga in October 2023, finishing just one second behind compatriot Peres Jephchirchir.

Most Significant Results			
2023	WCH Half Marathon, Riga/LAT	2nd	67:26
2022	Barcelona Half Marathon	1st	65:26
2022	WCH 10,000m, Eugene	3rd	30:10.07
2019	WCH 5,000m, Doha	2nd	14:27.49
2018	Commonwealth Games 5,000m	2nd	15:15.28
2016	African Champs 5,000m, Durban	2nd	15:07.56
2015	African Games 5,000m, Congo	1st	15:30.15



**Irine Cheptai (Kenya)**

Born: February 4, 1992

Personal Best: 64:53 (2023)

Irine Cheptai's early career was marked by alternate excellent and mediocre performances and years out from competition, but when she engaged Kenya-based Italian Renato Canova as coach in 2016, he brought her stability and a steady rise to the top. This was emphasised by her individual victory in the Kenyan Cross Country Championships followed by her taking the World Cross Country title in 2017 in Kampala, where she also led the Kenya women's team to gold medals. In her most recent half marathon, she improved to 64:53 in Valencia.

Most Significant Results			
2023	Valencia Half Marathon	2nd	64:53
2023	Copenhagen Half Marathon	1st	65:53
2022	Commonwealth Games 10,000m	2nd	30:49.52
2021	Olympic Games 10,000m	6th	30:44.00
2020	New Delhi Half Marathon	4th	66:43
2017	WCH Cross Country, Kampala/UGA	1st	
2008	WCH Junior Cross Country, Edinburgh	2nd	



**Peres Jephchirchir (Kenya)**

Born: 27 September, 1993

Personal Best: 65:06 (2017)

One of the most accomplished women road runners of recent times, Peres Jephchirchir is the reigning Olympic Marathon champion, a three-time winner of the World Half Marathon championship, and the winner of the Ras Al Khaimah Half Marathon 2017 in 65:06, a world record at the time and which remains her fastest at the distance.

Jephchirchir may be neither the fastest marathoner nor half-marathoner among current women long distance runners, but she knows how to win, an asset far more valuable than fast times. In the seven months between late August 2021 and mid-April 2022, Jephchirchir won the Olympic, New York and Boston Marathons, a rare collective achievement. In her comeback marathon following an injury, she finished third in London 2023.

It's testament to the quality of the competition in the Ras Al Khaimah Half Marathon that Jephchirchir has run the event four times and only won once. Was born one of 24 children in her father's polygamous family. Her mother died when she was two years old, and she was raised by an aunt and uncle.

Most Significant Results			
2023	WCH Half Marathon, Riga/LAT	1st	67:25
2023	London Marathon	3rd	2:18:38
2022	Boston Marathon	1st	2:21:01
2021	New York Marathon	1st	2:22:39
2021	Olympic marathon, Sapporo	1st	2:27:20
2020	Valencia Marathon	1st	2:17:16
2020	WCH Half Marathon, Gdynia/POL	1st	65:16
2020	Prague Half Marathon	1st	65:34
2019	Lisbon Half Marathon	1st	66:54
2017	Ras Al Khaimah Half Marathon	1st	65:06 WR
2016	WCH Half Marathon, Cardiff/GBR	1st	67:31



**Catherine Amanang'ole (Kenya)**

Born: October 5, 2002  
 Personal Best: 65:39 (2023)

Catherine Amanang'ole, who was also known as Catherine Reline, has only competed internationally during the past two years. She concentrated on the half marathon distance and quickly established herself with strong performances. In 2022 she won the Telesia Half Marathon in Italy with a PB of 67:08 and last spring the young Kenyan improved to 65:39 in Barcelona. In the autumn she produced her best performance so far, surprisingly taking the bronze medal at the World Half Marathon Championships in Riga, Latvia. She also repeated her 2022 victory at the famous Sao Paulo New Year's Eve Race over 15k.

Most Significant Results			
2023	WCH Half Marathon, Riga/LAT	3rd	67:34
2023	Brasov, ROM 10k	2nd	30:14
2023	Barcelona Half Marathon	3rd	65:39
2022	Madrid Half Marathon	4th	68:07
2022	Buenos Aires Half Marathon	4th	68:02
2022	Telesia Half Marathon/ITA	1st	67:08



**Konstanze Klosterhalfen (Germany)**

Born: February 18, 1997  
 Personal Best: 65:41 (2022)

On her half marathon debut, Konstanze Klosterhalfen - who holds national records at 5,000 and 10,000m with 14:26.76 and 31:01.71 respectively - stormed to a sensational victory in Valencia against world-class opponents in 65:41. She remains the second fastest German woman in the half marathon with this PB.

Ras Al Khaimah will now only be her second race at the distance and if she should be in similar form as Valencia she could attack the German record of 65:18 and the European mark which stands at 65:15. However, Klosterhalfen has not raced for over half a year after her early 2023 results were not as expected and she took time out through injury.

Taking the 5,000m bronze at the 2019 World Championships at the age of 22 she then went for the 10,000m at the Tokyo Olympics, finishing eighth. Her greatest wins came at the 2022 European Championships in Munich in the 5,000m final and the Valencia Half Marathon.

Most Significant Results			
2022	Barcelona 5k	2nd	14:52
2022	ECH Cross Country, Torino	2nd	
2022	Valencia Half Marathon	1st	65:41
2022	ECH 5,000m, Munich	1st	14:50.47
2022	ECH 10,000m, Munich	4th	31:05.21
2021	ECH Cross Country, Dublin	5th	
2019	WCH 5,000m, Doha	3rd	14:28.43
2018	ECH 5,000m, Berlin	4th	15:03.73



**Tsigie Gebreselama (Ethiopia)**

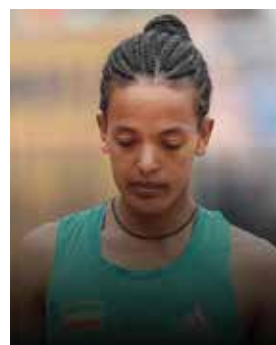
Born: September 30, 2000  
 Personal Best: 65:46 (2022)

Tsigie Gebreselama is among a group of young Ethiopian world-class runners with huge potential. As a 18 year-old she took the bronze medal in the competitive World Junior Cross Country Championships and then, at the age of 20, qualified for the Olympic 10,000m final, although injury forced her to withdraw during the race in Tokyo. In 2022 she ran her half marathon debut finishing second in Copenhagen. Just a month later she improved to 65:46 in Valencia.

While she could not improve her time last year, Gebreselama ran two superb championship races at the highest level. First she took a stunning silver at the World Cross Country race in Bathurst, Australia, then finished fourth in the global half marathon championships in Riga, Latvia.

She grew up with four sisters and three brothers in the Tsaeda Amba region of the war-torn Tigray area in Ethiopia and started running at school, but had no idols and no idea that she could become a professional runner. She now lives and trains in Addis Ababa where she is coached by her husband and has male pacemakers for support.

Most Significant Results			
2023	Paderborn 10k	1st	30:29
2023	Berlin Half Marathon	2nd	66:13
2023	WCH Cross Country, Bathurst/AUS	2nd	
2022	Valencia Half Marathon	2nd	65:46
2022	Copenhagen Half Marathon	2nd	66:35
2021	National Championships 10,000m, Nairobi	1st	32:59.1
2019	WCH Junior Cross Country, Aarhus/DEN	3rd	



**Bosena Mulatie (Ethiopia)**

Born: November 21, 2001  
 Personal Best: 65:46 (2022)

Her best time came in Ras Al Khaimah two years ago when she finished fifth in 65:46 and last year she finished in sixth place almost two minutes slower in 67:38. Generally she has performed consistently in the half marathon and at 22 still has time to improve.

Most Significant Results			
2023	Istanbul Half Marathon	4th	67:43
2023	Ras Al Khaimah Half Marathon	6th	67:38
2022	WCH 10,000 metres, Eugene	8th	30:17.77
2022	Ras Al Khaimah Half Marathon	5th	65:46
2021	Bahrain Half Marathon	8th	67:49
2021	Valencia Half Marathon	5th	66:00



**Evaline Chirchir (Kenya)**

Born: February 2, 1998  
 Personal Best: 66:01 (2020)

Evaline Chirchir made her marathon debut six months ago, winning at altitude in the 20th annual Nairobi event in 2:24:31. Born in Keringet, Nakuru County, some 200km north-west of the capital, Chirchir said afterwards: "This was my first time running in the full marathon. I have been running in the half marathon, 10km and 15km. I am planning to transition to marathon running full time".

The Ras Al Khaimah Half Marathon in 2024 will be preparation for her next outing at the full 42.195km marathon distance. Prior to Nairobi, her best performance had been winning the Dam tot Damloop, a 10-mile road race in the Netherlands in 50.32 in 2019.

Most Significant Results			
2023	Nairobi Marathon (1795m alt)	1st	2:24:31
2023	Istanbul Half Marathon	3rd	67:31
2023	Ras Al Khaimah Half Marathon	5th	67:15
2020	Ras Al Khaimah Half Marathon	6th	66:01
2019	Copenhagen Half Marathon	2nd	66:22



**Vivian Kiplagat (Kenya)**

Born: November 9, 1991  
 Personal Best: 66:07 (2021)

Vivian Kiplagat is one of the most experienced marathoners in the field having competed in well over a dozen races at 42.195k. Kiplagat has won the Milan Marathon three times, setting her personal best of 2:20:18 in the 2022 race. She was only half a minute slower in finishing third in the 2022 Chicago Marathon. Kiplagat trains with former women's World Record holder Brigid Kosgei.

Most Significant Results			
2023	Yellow River marathon, CHN	2nd	2:26:23
2022	Chicago Marathon	3rd	2:20:52
2022	Milan Marathon	1st	2:20:18
2022	Buenos Aires Half Marathon	3rd	67:59
2021	Copenhagen Half Marathon	3rd	66:07
2020	Ras Al Khaimah Half Marathon	8th	66:38
2019	Milan Marathon	1st	2:22:25
2019	Lisbon Half Marathon	2nd	66:55
2019	Abu Dhabi Marathon	1st	2:22:11
2018	Milan Marathon	1st	2:27:08



**Tigist Gezahagn (Ethiopia)**

Born: March 12, 2000  
 Personal Best: 66:20 (2023)

Tigist Gezahagn is another promising young athlete from Ethiopia. She competed in Europe for the first time in 2023 and her focus is very much on the half marathon distance. Gezahagn won her half marathon debut in Granollers, Spain, little over a year ago in 66:41 and then improved to 66:20 in Valencia in October.

Most Significant Results			
2023	Lille 10k	6th	31:08
2023	Valencia Half Marathon	5th	66:20
2023	Istanbul Half Marathon	5th	68:49
2023	Granollers Half Marathon, ESP	1st	66:41



**Yalemget Yaregal (Ethiopia)**

Born: October 23, 2003  
 Personal Best: 66:27 (2023)

One of the youngest women in the field at 20 years of age, Yaregal will be looking to enhance her reputation with a faster time. When she ran her PB of 66:27 in Berlin last year she qualified for the World Half Marathon Championships. However in Riga, Latvia, she could not run a similar time and finished 28th with 71:34.

Most Significant Results			
2023	Berlin Half Marathon	3rd	66:27
2023	Riyadh Half Marathon	3rd	69:55
2022	Fes Half Marathon, MAR	1st	68:58

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Low calorie drink 500 ml. Once opened, consume the same day. Can be stored in room temperature but kept out of direct sunlight. Manufactured for Vitamin Well AB.



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CALORIE  
DRINK

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## TIMETABLE OF EVENTS

### MONDAY FEBRUARY 19

10:00-20:00 \* DUBAI RUN NUMBER COLLECTION - THE AGENDA, DUBAI MEDIA CITY

### TUESDAY FEBRUARY 20

10:00-20:00 \* DUBAI RUN NUMBER COLLECTION - THE AGENDA, DUBAI MEDIA CITY

### THURSDAY FEBRUARY 22

10:00-20:00 \* RAK RUN NUMBER COLLECTION - RAKTDA GROUNDS, ADJACENT TO START/FINISH

11.00 PRESS CONFERENCE WITH ELITE ATHLETES – RIXOS BAB AL BAHR

### FRIDAY FEBRUARY 23

10:00-20:00 \* RAK RUN NUMBER COLLECTION - RAKTDA GROUNDS, ADJACENT TO START/FINISH

*\*PLEASE NOTE: Everyone is advised to collect their own run number in person and provide proof of identity. If you are having difficulty collecting your own run number we are allowing you to designate another person to collect on your behalf. In order to do this the person collecting on your behalf must have a printout of the final confirmation letter you will receive by e-mail one week before the race. They also must have proof of their identity.*

### SATURDAY FEBRUARY 24

05:00 PARKING OPENS

06:00 RUNNERS' VILLAGE OPENS

07:00 RACE START – 2024 RAS AL KHAIMAH HALF MARATHON

07:58 ELITE MALE WINNER EXPECTED

08:04 ELITE FEMALE WINNER EXPECTED

08:30 ELITE ATHLETE AWARDS – PRESENTATION STAGE

09:30 5KM/10KM RACE STARTS

10:30 2KM RACE STARTS

13:00 RUNNERS' VILLAGE CLOSSES



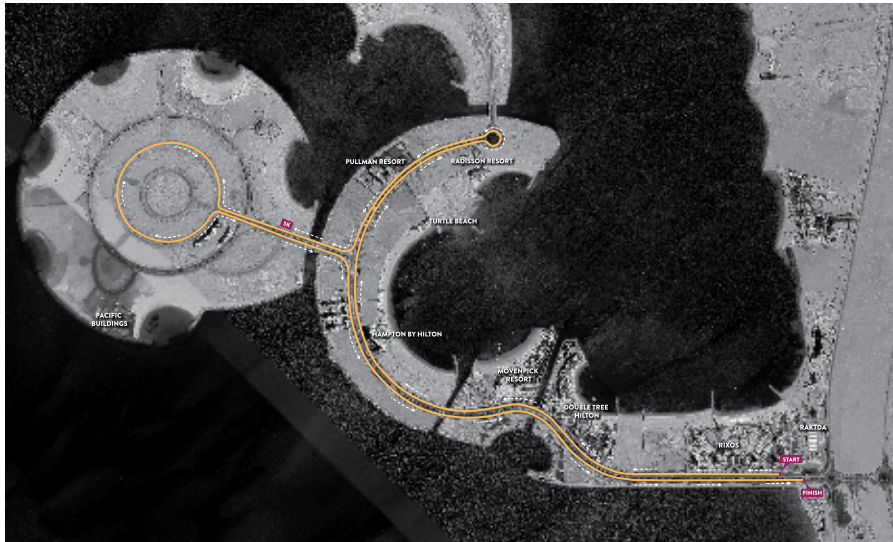
# COURSE MAP

## 21km HALF MARATHON



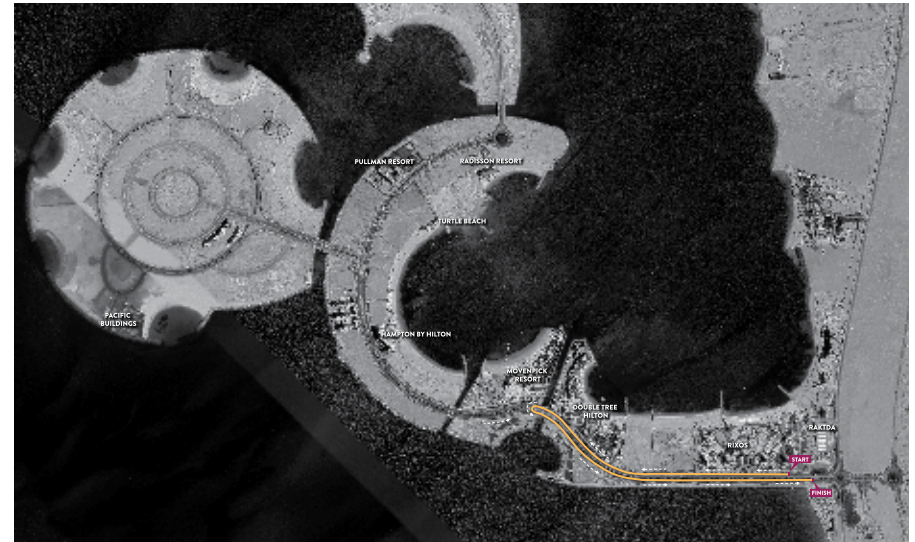
# COURSE MAP

10km ROUTE



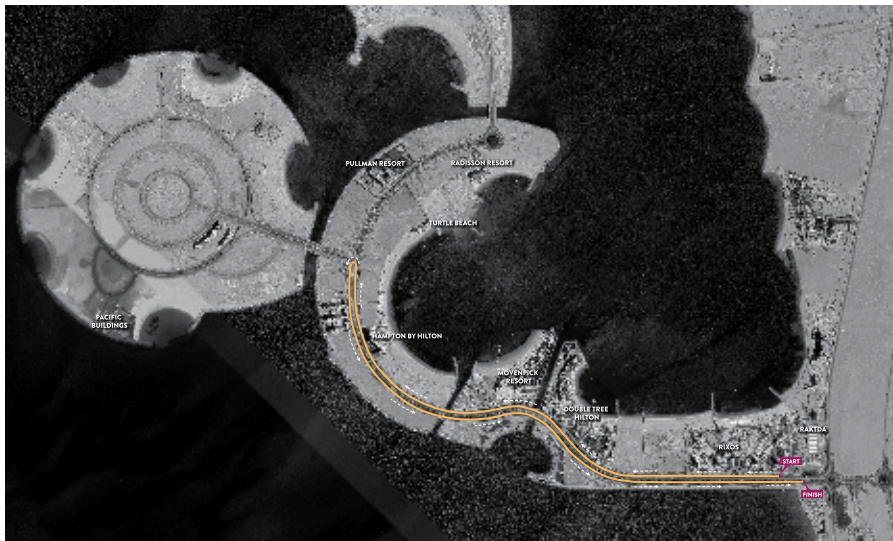
# COURSE MAP

2km ROUTE



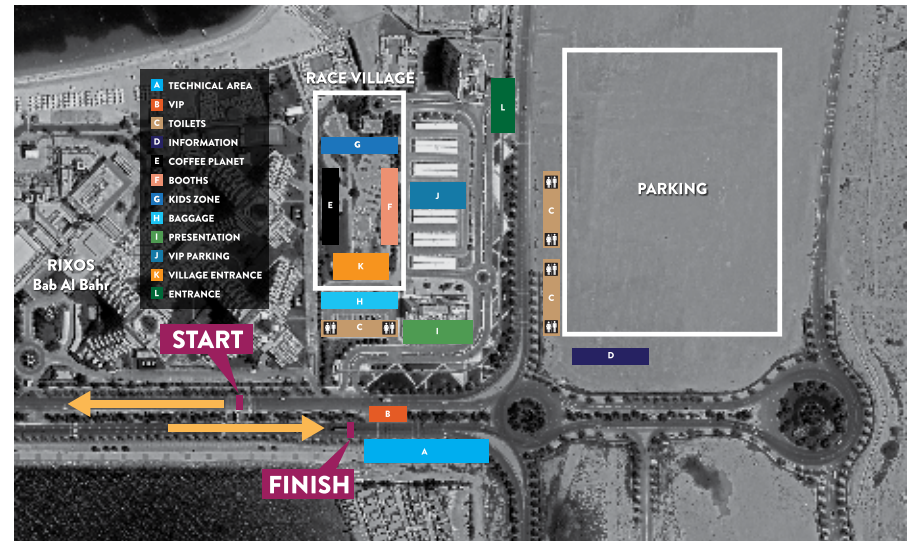
# COURSE MAP

5km ROUTE



# SITE MAP

START & FINISH





Giancarlo Colombo shares moments with the great Usain Bolt both on (right) and off the track

## GOLDENEYE!

When it comes to athletics photography, they don't come much better than Giancarlo Colombo, a veteran of ten Olympic Games and a man who has captured some epic moments from the world's greatest runners.

The Como-born Italian, who continues his photographic journey as the elite athlete photographer at this year's Ras Al Khaimah Half Marathon, has a CV that features the biggest sporting events in the world.

As well as the ten Summer Olympics, Giancarlo has worked on five FIFA

World Cups and six Winter Olympics plus world championship events in athletics, cycling and swimming among many others.

It's been a colourful career for the man who started his photographic career 40 years ago. As well as working for the DFP Agency as a stringer, he attended the most prestigious photographic school in Milan, L'Immagine and then Il Castello.

Giancarlo initially focused on minor football before moving to the Omega Fotocronache Agency of Vito Liverani, the founder of the renowned

Olympia Agency and the first real sport photographer of the 1940s.

It was here that he developed his passion for sports photography and although it was natural for him as an Italian to catalogue the nation's favourite sport football, it is in athletics and winter sports that his passion lies. And it is that passion that has helped him become official photographer at many of the most important marathons in the world, including Dubai, Boston, Rome, London, Tokyo, Chicago, New York and Milan.





Giancarlo with Italian high jumper Gianmarco Tamperi

Five years ago - after 28 years' service - Giancarlo decided to leave Omega Fotocronache Agency and open his own agency specialising in world athletics and disciplines such as track and field outdoor and indoor, cross-country and marathons.

Over the years, his eye for a memorable image has seen him selected to collaborate with many of the biggest brands in sport, including adidas, working on global publicity campaigns and major events, while his work has resulted in many honours and accolades.

In 1990, Giancarlo received the Angelo Moratti Award as the best Italian sports photographer, an honour considered one of the most prestigious in the field of photography. In 1996 one of his photos, taken during the Atlanta

Olympic Games, was selected as one of the best ten photos of the year by Runner's World magazine in the USA.

In 2004, he also received the USSI/AIPS award as "Photojournalist of the Year 2004", while in 2007 he was named one of the best twelve photographers in the world. In 2011, the USSI/GLGS awarded him another accolade as "Best Sports Photographer of 2011" while later that same year Italian newspaper Gazzetta dello Sport named him as "Best Photographer".

In 2016 and 2017 USSI gave him other two awards for "Photo of the Year" and "Photographer of the Year".

Over the years, Giancarlo's work has brought him up close and

personal with many of the biggest names in the sport, including sprint king Usain Bolt and Italian high jumper Gianmarco Tamperi. Indeed, to mark the 2014 New York Marathon, one of Giancarlo's best photos of Bolt was enlarged and exhibited for 15 days inside the city's Guggenheim Museum.

But while his achievements speak for themselves, you won't find Giancarlo Colombo resting on his laurels at Al Marjan Island.

Instead the man with the golden eye for a photograph will be perched on the back of a motorcycle documenting in pictures the 17th staging of the Ras Al Khaimah Half Marathon - and we're delighted to have him here.

When asked to pick three of his favourite images, Giancarlo came up with a trio of superb shots.



"This picture of Stefano Baldini at the Athens Olympics is one of the most beautiful photos for me," he says. "It tells a piece of my life. I had followed Baldini since his very first races, and watched him at the European and World Championships, before he finally won the most important medal of all - Olympic gold."

Italian track and field sprinter and long jumper Marcell Jacobs coming out of the sand "blocks" in the Dubai desert.



The iconic image of Usain Bolt that was exhibited for 15 days in New York's Guggenheim Museum.

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